

Crossroads for Women

Support for women and children
who have issues around substance abuse



Wednesdays - Starting Nov. 8, 2017

5:30 – 7:30 P.M.

Family Center of Washington County
383 Sherwood Drive • Montpelier, VT

For further information, contact Deborah at CVSAS, 802-223-4156

or

Jennifer at FCWC, 802-262-6066, x135

Child Care and light dinner provided.

Crossroads For Women

A Rocking Horse Circle of Support

Supported by:

VT Dept. of Health – Alcohol & Drug Abuse Programs / Central VT Substance Abuse Services / Family Center of Washington County

Crossroads for Women is a **support** group for those whose lives have been affected by **substance use**. Everyone's experience is **unique**, but with the common thread of substance use, we all face challenges.

This group is here to **support each other** in our life choices, day-to-day **relationships** and self-care.

We as women have many relationships to manage – children, family, co-workers – this group will offer **women** the opportunity to **connect** with others walking a similar **path**.

Topics of discussion include, but not limited to:

- Substance abuse in your life or in the life of others
- Being a mom
- Self-image, confidence, and care
- Stress
- Communication
- Relationships of all types
- Setting goals for yourself

